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TIME TO TALK

A child psychiatrist offers tips on how to discuss school shootings with kids — and gives red flags to watch out for that can be common after they're exposed to such violent events. 4

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NIKKI M. MASCALI, REPORTER

Many of us can hardly wrap our heads around last week's school shooting in Parkland, Florida, the 18th of 2018, and kids likely have just as many questions and concerns. I spoke to Dr. Daniel Schecter, a child psychiatrist with NYU Langone Health in New York City, about the best way parents can discuss the tragedy and common red flags to watch out for after exposure to such violent events. Read more on page 4 and at **metro.us.**

TRUMP BACKS GUN BACKGROUND CHECKS

1 The White House said on Monday that President Donald Trump supports efforts to improve federal background checks for gun purchases, days after a shooting at a Florida school killed 17 people. Trump spoke to Sen. John Cornyn (R-Texas) on Friday about a bipartisan bill that he and Sen. Chris Murphy (D-CT) introduced to improve federal compliance with criminal background checks, White House spokeswoman Sarah Sanders said. Students, many using the mantra Never-Again, are mobilizing around the country in favor of stronger gun laws after the deadliest high school shooting in U.S. history took place on Wednesday at Florida's Marjory Stoneman Douglas High School, where a former student is accused of murdering 17 people using an assault-style rifle.

TRUMP MOTORCADE DRIVER DETAINED

2 The driver of a van carrying journalists covering President Trump was detained on Monday after Secret Service officials found a gun in his bag during a security sweep before the vehicle drove onto the president's Florida property. The Secret Service said no one had been put in danger. The male driver told reporters he had forgotten to leave his personal firearm in another vehicle. He and the other drivers of three media vans were replaced before the vehicles drove on to Trump's Mar-a-Lago compound, where they joined the president's motorcade. "The individual was found to be in lawful possession of a prohibited item (firearm) outside the secure area at a Secret Service security screening checkpoint," the Secret Service said in a statement. The man could be seen being questioned as journalists were driven away from the security sweep location.

TEENS FOR GUN REFORM HOLD PROTEST AT THE WHITE HOUSE

3 Demonstrators hold signs during a "lie-in" demonstration supporting gun control reform near the White House on Tuesday, in Washington, D.C. According to a statement from the White House, "the president is supportive of efforts to improve the federal background check system" in the wake of last week's shooting at a high school in Parkland, Florida. ***For more, see page 6.***

GETTY IMAGES

KREMLIN: US ELECTION CHARGES UNFOUNDED

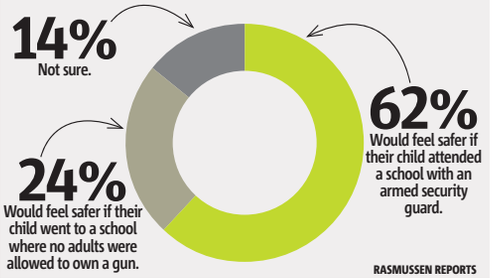
4 The Kremlin said on Monday that U.S. charges against 13 Russians and several Russian companies accused of meddling in the 2016 U.S. presidential election campaign contained zero proof of Russian state involvement. The comments were the Kremlin's first reaction to charges drawn up by the office of U.S. Special Counsel Robert Mueller that centered on a Russian businessman Evgeny Prigozhin, dubbed "Putin's Cook" by Russian media, who U.S. officials say has extensive ties to the country's military and political establishment. The full indictment, released on Friday, said that a Russian propaganda arm funded by Prigozhin oversaw a criminal and espionage conspiracy to tamper in the 2016 U.S. presidential campaign to support Donald Trump and disparage Hillary Clinton.

CONGRESS EYES FEDERAL CRYPTOCURRENCY RULES

5 U.S. lawmakers are moving to consider new rules that could impose stricter federal oversight on the emerging asset class, several top lawmakers told Reuters. Bipartisan momentum is growing in the Senate and House of Representatives for action to address the risks posed by virtual currencies to investors and the financial system, they said. Even free-market Republican conservatives said regulation could be needed if cryptocurrencies threaten the U.S. economy. "There's no question about the fact that there is a need for a regulatory framework," said Sen. Mike Rounds (R-SD), a Banking Committee member. Digital assets currently fall into a jurisdictional gray area between the Securities and Exchange Commission, the Commodity Futures Trading Commission, the Treasury Department, the Federal Reserve and each state.

ARMED SCHOOL GUARD

Would parents feel safer if their child attended a school with an armed guard?


14%
Not sure.
62%
Would feel safer if their child attended a school with an armed security guard.
24%
Would feel safer if their child went to a school where no adults were allowed to own a gun.

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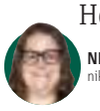
How to talk to your kids about school shootings

"We can never say, 'It'll never happen,' which is the most painful part for parents," said Dr. Daniel Schecter of NYU Langone Health.



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Talking about school shootings with emotions surfacing is fine because "we're human," Schecter said. ALL PHOTOS: GETTY IMAGES

While adults are reeling after last week's shooting at Marjory Stoneman Douglas High School left 17 dead in Parkland, Florida, children likely have their own questions.

Metro asked Dr. Daniel Schecter, director of stress, trauma and resilience in NYU Langone Health's department of child and adolescent psychiatry, for tips on how to talk about Parkland, the 18th school shooting of 2018.

"The way that parents talk to their children should always keep in mind where children are at in their development and emotional life," Schecter said.

Know you're ready
Before starting the conversation, "it's very important for parents to know they're ready to talk about these difficult things with their children," Schecter said.

Listen
Schecter urges parents to listen and watch the non-verbal cues children express, especially younger ones and teens who might not talk much.

He suggests, "Ask what they've seen or heard and what they're thinking about before ... a pre-planned discussion."

Emotions are OK
It may be hard for parents to talk about school shootings without emotions surfacing, and that's fine because "we're human, and we want to teach our kids to be human," Schecter said.

Know safety protocols
It's important for kids, especially those fearful of going to school in the wake of a shooting, to know their school's plans.

"We can never say, 'It'll never happen,' which is the most painful part for parents, but it was clear that in Florida some people were saved because of the drills," Schecter said.

Limit access to news
Younger kids may hear news coverage and become frightened, so Schecter proposes not speaking of tragic events in front of them.

He thinks "watching the news with kids is not a good idea until they're ... able to understand the complexity" of events.

Look for red flags
After exposure to violent events, parents may see behavioral changes such as "traumatic play," which processes violence by imitation.

He suggests countering it with toy police and judges "so we bring in help and create a solution because it's important to not leave that out."

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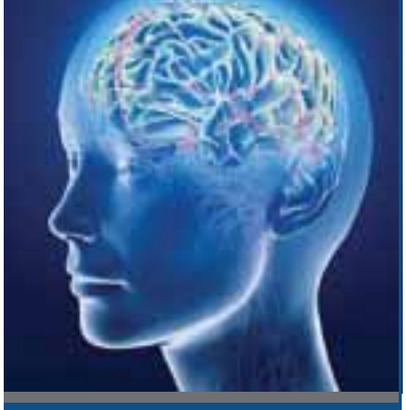

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Students demand gun control after mass shooting

Youth-organized protests started this past weekend.

D.C.-area students protest gun violence with a lie-in on Monday. GETTY IMAGES

Stunned by the deadliest high school shooting in U.S. history, students mobilized on Sunday to organize support of stronger gun laws, challenging politicians they say have failed to protect them.

Students from Marjory Stoneman Douglas High School, where a former student is accused of murdering 17 people on Wednesday using an assault-style rifle, joined others on social media to plan the events.

"I felt like it was our time to take a stand," said Lane Murdock, 15. "We're the ones in these schools, we're the ones who are having shooters come into our classrooms and our spaces."

Murdock, who lives 20 miles from Connecticut's Sandy Hook Elementary School where 20 children and six adults were shot to death five years ago, drew more than 50,000 signatures on an online petition calling for students to walk out of high schools on April 20, the 19th anniversary of the mass shooting at Columbine High School in Colorado.

Students from the Florida high school are planning a "March for Our Lives" in D.C. on March 24 to ask lawmakers to enact gun control.

They also plan to rally for gun control, mental health issues and school safety on Wednesday in the state capital. The students expect to meet with a lawmaker seeking to ban the sale of weapons like the AR-15 allegedly used in the shooting.

The White House is planning "a listening session" with high school students and teachers Wednesday but did not specify those involved.

Democratic leaders vowed to fight the gun lobby to reduce firearm violence. REUTERS

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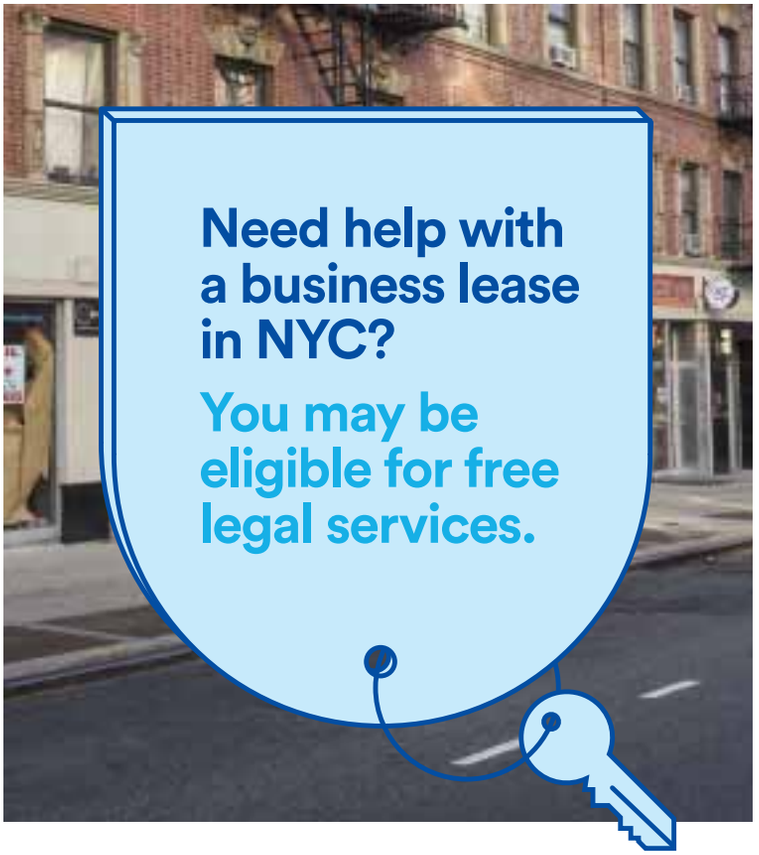

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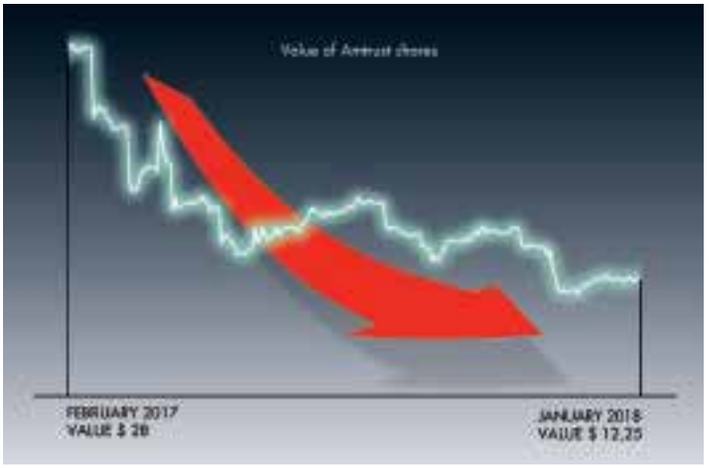
The majority owners of AmTrust company may be taking money away from shareholders

The majority owners of AmTrust Financial Services may be taking money away from minority shareholders of this company. CEO of Amtrust Barry Zyskind with Karfunkel family and private equity fund Stone Point Capital, who owns large stakes in AmTrust, decreased value of its shares in order to buy the whole company for $12.25. This price is lower than its actual value. Minority shareholders might be harmed and may lose their money. AmTrust Financial Services is multinational insurance company focused on property and casualty products, mainly workers compensation.



Graph shows that value of Amtrust shares went down more than 100% in 2017 to current value $12.25.

In the beginning of 2017, AmTrust traded as high as $28, which more than 100% above proposed price $12.25. Moreover, the merger price is significantly below the target price of $16.00 set by an analyst at SunTrust Robinson on November 27, 2017, and $15.00 set by an analyst at Compass Point on December 22, 2017.

This share price drop was caused by unconfirmed accounting irregularities and FBI investigation which was announced by Wall Street Journal in April 2017.

CEO and major shareholder of AmTrust Financial, Barry Zyskind, who may be taking away money from shareholders.

Based on the opinion of Arca Capital Group the whole situation regarding FBI investigation and accounting issues was intentional to manipulate and decrease value of the company shares. Moreover, analysis from Pinkerton Investigative Agency shows that FBI investigation of AmTrust Company was not found. This Pinkerton Analysis was ordered by European investment group Arca Capital, significant shareholder of AmTrust. Arca Capital has strong interest that AmTrust management acts on behalf of minority shareholders not against them.

Now, Barry Zyskind and Stone Point Capital want to take company private and buy all the minority stakes for $12.25, which is more than 100% discount from year ago. If this happens, most of the shareholders can lose their money.

Arca Capital as 13th biggest shareholder is preparing legal steps against AmTrust because they harmed investments of many minority shareholders in significant way. Arca Capital will also submit SEC complaint for non-transparent behavior and manipulation of stock price against AmTrust executives.

The views and opinions expressed in this article are those of the individual author(s)/advertiser and do not necessarily reflect those of the publication, its staff, and/or any/all of the contributors to this site.

PAID ADVERTISEMENT

New York City officials and conservation advocates rally at Manhattan's Federal Hall to demand funding for National Park Service upkeep. CHERYLYNN TSUSHIMA

Amid proposed cuts, rally demands funding for national park upkeep in state

"We must make sure future generations of visitors can enjoy and explore these places representing America's heritage. Now is the time to fix our parks."

NIKKI M. MASCALI
nikki.mascali@metro.us

On the steps of one of the most historic landmarks in New York on Saturday, officials and conservation advocates rallied to raise awareness for funding needed to maintain National Park Service sites across the state.

A backlog of repairs and maintenance needed for all of the NPS sites is more than $11.6 billion. New York state boasts 23 NPS sites, including three in New York City that honor George Washington, Ulysses S. Grant and Theodore Roosevelt that have a combined backlog of work totaling almost $11 million. The deferred maintenance could create nearly 10,000 jobs in the state, advocates said.

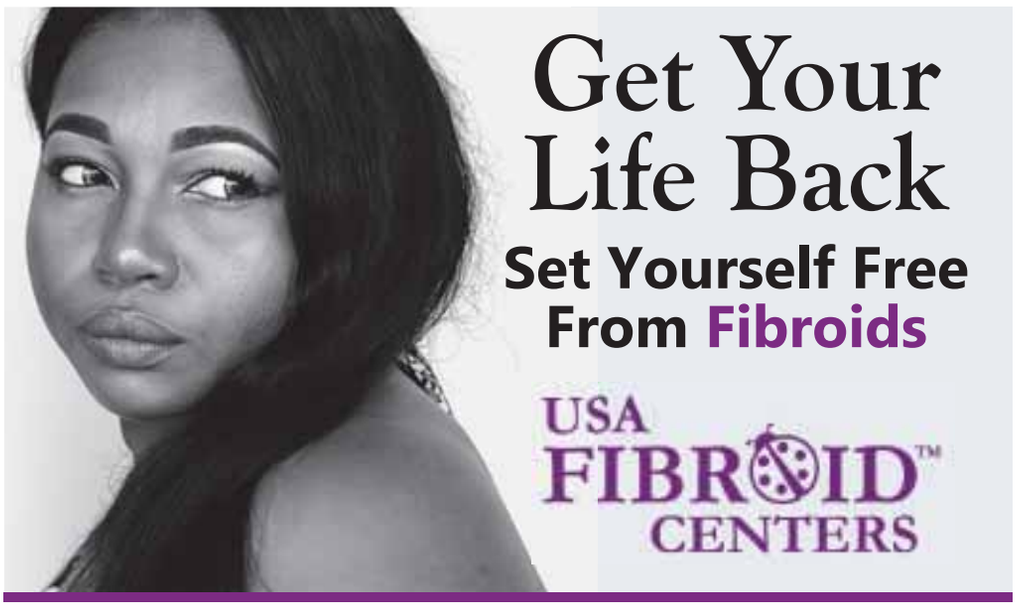
Hosted by the National Parks Conservation Association (NPCA) and The Pew Charitable Trusts, the rally was fittingly held at Federal Hall, an NPS site on Wall Street where George Washington was inaugurated as the first U.S. president and where the first Congress introduced the Bill of Rights.

"Our national parks, monuments and other public sites are the crown jewels of this country, and New York locations are some of the most recognized sites around the world," said Rep. Adriano Espaillat. "Investing in our national parks spurs economic growth and creates thousands of jobs throughout New York State. These special places house natural and cultural treasures that should be protected for enjoyment today and by future generations."

In 2016, officials said, more than 18 million people visited national parks in New York, generating more than $853 million in revenue — and infrastructure wear and tear.

President Donald Trump's recently unveiled budget included a 16 percent cut of the Department of the Interior, which oversees the NPS. The plan also calls for a 7 percent cut to the NPS itself.

"We have to end the cycle of damaging budget proposals and deal with the urgent need to repair our parks," said Rep. Jerrold Nadler. "Our national parks in New York City and all across the country are America's treasures. We are entrusted to pass them on to future generations, but more cuts would jeopardize these historic landmarks and landscapes."



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The "Fearless Gir" statue stands across from the iconic Wall Street charging bull statue. GETTY IMAGES

'Fearless Girl' may get new permanent home in NYC

New York City's "Fearless Girl" statue may be here to stay permanently.

Fans of the bronze girl, who stands with her hands on her hips across from the iconic Wall Street "Charging Bull," have been asking for officials to make her a permanent fixture for a while.

Now, Mayor Bill de Blasio's office and State Street Global Advisors, the financial firm behind the statue, are in talks to find her — and her animal adversary — a new, long-term home.

AdWeek reported that "multiple sources close to the matter" have confirmed that negotiations are underway to make the "Fearless Girl" and "Charging Bull" statues permanent.

"The only issue yet to be determined," AdWeek reported, "is whether they will stay in their current location, which could be redesigned, or be moved to a new one."

"Fearless Girl" was originally installed in 2017, on March 8, which is International Women's Day. After advocates spoke out in support of the statue, which quickly became a popular attraction, de Blasio announced that it would stay put until 2018's International Women's Day.

Not everyone is a fan of the "Fearless Girl," though. Arturo Di Modica, the sculptor behind the "Charging Bull," said that the addition of the bronze girl in front of his work without his permission violated his legal rights.

Still, the pair has been popular.

"Since we placed Fearless Girl in New York City on International Women's Day last year, she has inspired millions around the world and drawn thousands of visitors," a State Street Global Advisors spokesperson said in statement. "We are currently working with the Mayor's Office to determine a permanent solution to keep Fearless Girl in New York City so she can continue to promote the power of having more women in leadership."

When reached for comment, Natalie Grybauskas, a spokeswoman for the mayor's office, reiterated the statue's reputation.

"The message of the Fearless Girl statue has resonated with New Yorkers and visitors alike," she said in a statement. "Its enthusiastic reception has been heartening, and we are discussing various approaches to ensure this statue continues to be a part of the city's civic life." KRISTIN TOUSSAINT

WARNING SIGNS

Family who took in shooter didn't see warning signs

Gunman Nikolas Cruz moved in with the Sneads just three months before the shooting at Marjory Stoneman Douglas High School.

According to a NBC interview with Kimberly and James Snead, the couple saw Cruz, 19, not as the "monster he turned out to be," but as a young man their son had befriended.

The Sneads claim that they saw no signs of the animal cruelty that Cruz's neighbors and peers noted in the past, nor did they hear about rumors that he'd stalked a girl from his former school.

Kimberly told NBC that Cruz behaved like he was "afraid to be in trouble."

"I told him there'd be rules and he followed every rule to the T," James said to the South Florida Sun-Sentinel.

One of these rules was about gun safety. The Sneads, who reportedly grew up with guns, said Cruz had to keep his in a safe. James said he believed he had the "sole key" to that safe — he wasn't aware that Cruz had a spare.

Cruz had to ask permission before he took out the guns, and Kimberly told the Sun-Sentinel that he'd only asked twice since November when he'd moved in — and only once did they say "yes."

"We had this monster living under our roof and we didn't know," Kimberly told the publication.

When the Sneads saw Cruz at Broward Sheriff's Office to pick up their son, who, unharmed, was also being questioned by the police, they didn't know how to react.

"He said he was sorry. He apologized. He looked lost, absolutely lost," James said of Cruz when he was brought into custody. "And that was the last time we saw him." SAM BRODSKY

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Hundreds of arthritis sufferers from tri-state area ca

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

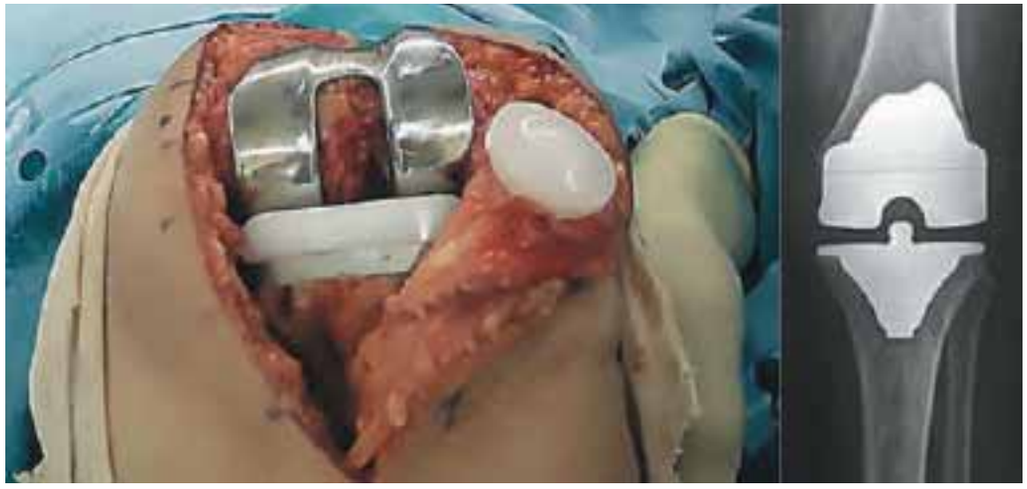
"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupple- cosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.

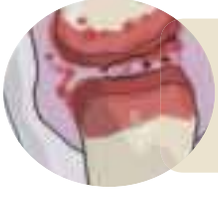


Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife

Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis

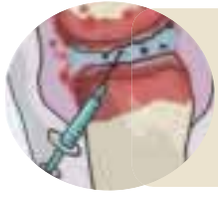
Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

thritis Sufferers Of Almost All cal Procedures Before Surgery?

ch Medicine And All Natural Treatments

vntime, often covered by insurance amongst top reasons...
lling weekly to find out if treatment may be right for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 ½ years thousands of knee pain sufferers have flocked to the ***NY Pain MD*** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place he Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time."* noted the Director of Center

Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* used this P.A.T. Imaging Technology with each and every treatment.

NY Pain MD is a state of the art medical facility offering the best technology.

And that's not all

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can Help You?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

Many Insurance Plans Participate*:*
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Auto Accident plans
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All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any question:

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?
- Have you already tried viscosupplemention (Hyalgan, Supartz Synvisc) without satisfactory results?

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

NYC PAIN MD

800-885-KNEE (5633)

Check the labels on your dog food tonight as some brands have been recalled due to contamination. ISTOCK

Canned dog food recalled for possible euthanasia drug contamination

Low levels of pentobarbital, a drug used to euthanize animals, have been found in certain canned dog foods like Kibbles 'N Bits, the FDA said.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Several kinds of canned dog food are being recalled for containing a drug used to euthanize animals.

The J.M. Smucker Company said it is recalling certain products, including Kibbles 'N Bits and Gravy Train cans, for positive results of pentobarbital.

Pentobarbital is most commonly used in animals as a sedative, anesthetic or for euthanasia.

The low levels of pentobarbital present are unlikely to cause any health risk to pets, the Food and Drug Administration said in a statement.

Still, the administration said, "any detection of pentobarbital in pet food is a violation of the Federal Food, Drug, and Cosmetic Act — simply put, pentobarbital should not be in pet food."

Pets that eat food containing the drug can experience "drowsiness, dizziness, excitement, loss of balance, nausea, nystagmus (eyes moving back and forth in a jerky manner) and inability to stand," the FDA warns.

The J.M. Smucker Company initiated the product withdrawal, saying in a statement that the specific shipments of Gravy Train, Kibbles 'N Bits, Ol' Roy and Skippy canned dog food "do not meet its quality specifications due to the presence of extremely low levels of pentobarbital."

"We take this very seriously and are extremely disappointed that pentobarbital was introduced to our supply chain," said Barry Dunaway, president of Smucker's Pet Food and Pet Snacks, in a statement. "We will continue to work closely with our suppliers and veterinarians to ensure the ingredients used in our products meet or exceed regulatory safety standards and our high-quality standards. Above all, we are a company that loves pets and understand the responsibility we have in providing high-quality food for the pets our consumers love."

> **"... any detection of pentobarbital in pet food is a violation of the Federal Food, Drug, and Cosmetic Act — simply put, pentobarbital should not be in pet food."**
>
> Food and Drug Administration

Pet owners should remove contaminated products from their homes, the FDA advised, and can contact the Smucker Company at 800-828-9980 or by email.

Doctors at the Angell Animal Medical Center in Boston advise pet owners to avoid the affected brands, said Rob Halpin of the MSPCA, warning about pet nutrition.

"These are always scary moments," Halpin said. "The doctors are concerned that more pet owners will turn to homemade food, which can be fine but only if the specific nutritional needs of dogs and cats are met — and most commercial foods meet those needs well."

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3. (E) runs local between **Jamaica Center** and **Roosevelt Av**
4. (F) runs in two sections: between **179 St** and **Roosevelt Av**, and between **21 St-Queensbridge** and **Stillwell Av**
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Former NYC teacher, brother charged with attempted bomb-making

The 27-year-old twins stockpiled materials to make explosive devices in their Bronx apartment, federal officials said.

Tyler Toro, left, and his twin brother, Christian Toro, a former New York City teacher, were arrested Thursday and charged with attempted bomb-making after explosive materials were found in their shared Bronx apartment. PHOTOS VIA FACEBOOK

A former New York City high school teacher and his twin brother were arrested last week and charged with attempting to build an explosive device after an investigation by the FBI, according to authorities.

Christian Toro, the former teacher, and his brother Tyler Toro, both 27, had stockpiled materials for making bombs in the apartment they shared in the Bronx, according to a criminal complaint and the Department of Justice.

Law enforcement agents, in a search of the brothers' apartment, found a backpack with an index card reading, "Under the full moon the small ones will know terror," the complaint said.

Agents also found a book that appeared to be a diary with Tyler Toro's name on it, with a line saying, "WE ARE TWIN TOROS STRIKE US NOW, WE WILL RETURN WITH NANO THERMITE," the complaint said.

Officials said there was no evidence of any ongoing threat.

"We have no indication that there's a continued threat posed by these individuals," Bill Sweeney Jr., assistant director of the New York FBI office, said at a news conference.

Christian Toro was a teacher at a high school in Manhattan's Harlem neighborhood before resigning last year. When he left the job, Tyler Toro returned to the school a computer that had been provided to his brother, and staff found instructions on it for building explosive devices, according to the complaint.

Investigators said Christian Toro told them he had found the document while researching the 2013 Boston Marathon bombing and never read it or had built a bomb, according to the complaint.

About a week later, investigators interviewed students at the school who indicated that at least two students at the school had been paid about $50 an hour to break apart fireworks and store powder for the two men, the complaint said.

A search of the brothers' apartment on Feb. 15 found potassium nitrate, black powder identified as an explosive material, metal spheres and other potential bomb components, according to the document.

Geoffrey Berman, the U.S. attorney in Manhattan, said the two brothers were charged in federal court in Manhattan. Christian Toro was charged with two counts of unlawful manufacture of a destructive device and distribution of explosive materials to a minor. Tyler Toro was charged with unlawful manufacture of a destructive device.

Both men pleaded not guilty. Authorities said they are being detained pending a bail hearing on Feb. 21.

The case is being investigated by the FBI's New York Joint Terrorism Task Force, comprised of agents of the FBI and New York City Police Department detectives. REUTERS

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TRUMP'S AMERICA

DO WE HAVE TO CELEBRATE EVERY PRESIDENT?

"Did you hear anyone on Monday say out loud: 'I sure am proud of the president we have now'?" GETTY IMAGES

ELLIS HENICAN
Analysis

Hope you had a nice Presidents* Day.

Sorry about the asterisk, but I'm afraid we kinda need it. As you might have heard, things are getting a little sordid around the White House.

No dis on George Washington, Abraham Lincoln or even Millard Fillmore. All past presidents have had their imperfections. But from 1 to 44, every last one at least tried to do what was best for the country he was sworn to serve. What began in 1885 as a national celebration of Washington's birthday morphed in the early 1970s into an all-inclusive Presidents Day on the third Monday in February.

But who's feeling like celebrating this year? Did you hear anyone on Monday say out loud: "I sure am proud of the president we have now"?

Seriously, anyone?

We've certainly had our share of unpresidential presidents. Bill Clinton bobbed and weaved through Ken Starr's Monica torture. Richard Nixon got drunk and paranoid as Watergate closed in. But neither of those two acted like he was more important than the office. No one else has dragged us to where we find ourselves now.

All that matters to Trump is Trump, and he keeps proving it.

Spending the holiday weekend in another frantic tweet-storm. Being hit by two new sex-and-money scandals, this time involving a porn star and a former Playboy Playmate. Refusing to notice that a gun played any role in last week's schoolhouse slaughter, the worst so far. High-fiving and then denouncing Robert Mueller's latest indictments, this time 13 Russian entities for trying to hijack the 2016 presidential campaign, the one that installed Donald Trump as president.

Blaming Democrats, blaming Barack Obama, blaming the FBI — then adding, "but wasn't I a great candidate?" Somewhere, a 400-pound computer genius is sitting on his bed and issuing a great sigh of relief.

As Mueller's investigation moves methodically closer to the Oval Office, Trump appears more agitated than ever before. His attacks keep growing harsher. His repetitions — "no collusion! no collusion! no collusion!" — keep sounding more obsessed. His understanding of what it means to be president keeps getting further and further from the ways his many predecessors saw the job.

Happy Presidents* Day.

Here's hoping we all get to celebrate again before too long.

Metro columnist Ellis Henican is the best-selling author of a dozen books, including TRUMPITUDE: The Secret Confessions of Donald's Brain. Join him on Twitter @henican.

Feet Hurt? Bunions? Hammertoes? Heel Pain?

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Take The Foot Health Checkup

- My toenails are streaked, discolored and thickened.
- The sides of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight- they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

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Suspect in Florida school shooting back in court

Nikolas Cruz kept his head down throughout Monday's status hearing.

The former student accused of last week's deadly shooting rampage at a Florida high school returned to court on Monday for a status hearing, and the judge ordered that a defense motion filed last week remain sealed from public view.

Nikolas Cruz, wearing a red, jail-issued uniform, sat during the short hearing in Fort Lauderdale without showing any emotion, his head bowed. The content of the motion filed by his lawyers was not described in the hearing.

Cruz is facing 17 counts of premeditated murder after the attack last Wednesday at Marjory Stoneman Douglas High School in Parkland, near Fort Lauderdale. It is the deadliest shooting ever at a U.S. high school.

Constance Simmons, a spokeswoman for the Florida state attorney's office in Fort Lauderdale, said her office had not seen the sealed motion, but said they had been informed it was about defense lawyers' access to Cruz.

Judge Elizabeth Scherer, of Broward Circuit Court, said during the hearing she was

GETTY IMAGES

not willing to overturn the sealing order issued by another judge at the court.

"Because the issue is so very limited, I'm going to leave it the way it is," Scherer said.

Simmons said prosecutors would not appeal the decision.

Florida Gov. Rick Scott said on Monday that the Federal Bureau of Investigation should release records about its failure to investigate a tip it received about worrying behavior by Cruz earlier in the year. On Friday, the Republican governor called on FBI Director Christopher Wray to resign over the agency's missteps.

The FBI has acknowledged it failed to act on a tip warning that Cruz possessed a gun and the desire to kill. REUTERS

Nikolas Cruz faces charges of murder in the mass shooting at Marjory Stoneman Douglas H.S. in Parkland, Fl. GETTY IMAGES

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Budgeting 101 for *military service members*

Former U.S. Army Colonel and COO of AAFMAA Carlos Perez has some simple rules for staying out of debt. PAT KING

No matter your political beliefs, helping our veterans and active service men and women should be a top priority for our nation. And with how much they sacrifice day in and day out for our country, stories of people going into debt after their service can break your heart.

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We spoke with former U.S. Army Col. and Chief Operating Officer of the American Armed Forces Mutual Aid Association (AAFMAA) Carlos Perez to get some tips for active service members and about how new veterans can stay out of debt once they come home.

"For most, this is the first time away from a support system when they join the service, and they can feel really isolated," explains Perez "The challenges are, they can be inexperienced in their personal finances. Many are taking on banking and credit on their own for the first time. Some of these people enlist right out of high school and not college. So they fall into traps of overspending and maybe predatory loans that can get them in debt. Those are challenges we see quite a bit. So what can you do about them?"

Keep a strict budget with your wages

Perez is fully aware that most people who enlist in the military know the budgeting basics. But he believes that this concept bears repeating since service members have to plan for their lives outside of the military.

"Most people understand budgeting, but budgeting is all about controlling where your money goes and not spending by happenstance," he explains "that's a skill that requires practice. So we encourage people to budget and within that to create an emergency fund. We also ask them to think about their future. Which is hard because when you're young, you think you can live forever."

Perez also believes budgeting can be difficult for many military members deployed in remote areas of the world. "If you're assigned to a remote post in Iraq or Afghanistan, it could be really hard to jump online to check out your balance. In fact, it's probably impossible.," he says. "So the challenge is that you will have to conduct personal finances at a distance. And not only that, it can be an extended absence when you deploy."

Plan for the future

Service members can opt into a $400,000 life insurance policy through the Service Member's Group Life Insurance (SGLI). But for many members, this won't be enough to help their families should the worst-case scenarios should occur.

Perez advises looking into life-insurance policies early and having honest discussions with their families about creating their wills. If not, their families may not be as prepared as possible in the event of a tragedy.

And lastly …

Avoid 'retail therapy'

In many cases, service members will return home from active duty with a loaded bank account. This is where many get into trouble.

By blowing money on impractical things like new cars and gaudy properties, many service members find themselves going into debt instead of using this financial bump to set themselves up for the future

Perez says it's easier than you might imagine to give into the urge to go wild. "When you're deployed," he says, "there are substantial tax-advantaged benefits that you receive, like hazardous duty pay and family separation pay. These can create mini-windfalls, and if you're not careful, you can instead waste them on something you may not need."

Treating yourself after your service is over is understandable. Just make sure to keep it within reason.

Meet Hollywood's next big deal, Aussie Angourie Rice

The 17-year-old "Every Day" star is ready to make her mark.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

The Australian star talks gender, sexuality and what she looks for in a role. ORION PICTURES

Angourie Rice is making some serious waves. You'll recognize her from "The Nice Guys," "The Beguiled" and "Spider-Man: Homecoming." But Metro talked with the star of "Every Day," and the 17-year-old took our breath away. Here's what she had to say (and why you'll see her on the big screen for years to come).

What stood out for you about "Every Day"?
I really loved the idea of different theories of how we exist in the world, and who we are, and challenging those ideas. I think this book asks how would someone live in our world today if they didn't have a gender or a sexuality or culture or race? How would that impact their life? I thought that was such an interesting question. And I loved how the book explored that. It examines such a big complex idea with so many levels. But at its core it is still just about falling in love for the first time, and friendship, and family, and those things are universal.

GETTY

What do you look for in your roles?
I look for stories that I want to tell. Sometimes a script will come through and it will be fantastic, but the role isn't great. It will just be the girlfriend or the friend next door that doesn't do anything. And that isn't what I am about. I don't just want to stand at the side and watch the hero. I want to play roles that have a proper story arc and a character journey and make things happen in the story. That's really important for me.

How do you audition? Are you just yourself? Or will you be slightly different to match a character?
I think it is probably a mixture of both. Some characters are similar to me, so I will draw from my own experiences. But then I like to challenge myself and try to embody someone that is really different from me. Doing both of those things is equally as exciting for me as an actor. Because it allows me to play with how I play a character.

How has it been combining school work with these big Hollywood films?
It's tough. It is strange because my career has taken off as I have progressed through high school. It is tough to keep it up, because education is really important for me. But you do have to make compromises. Because in reality, when I am on set, I am balancing a full-time job with school.

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Luke Pell dishes on 'Winter Games,' future with 'The Bachelor'

"The Bachelor Winter Games" airs Tuesdays and Thursdays at 8 p.m. on ABC. ABC / LORENZO BEVILAQUA

The former "Bachelorette" star opens up about the new series.

MATT JUUL
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Luke Pell has finally returned to the world of "The Bachelor" with the franchise's "Winter Games" series. While he got caught up in a bit of drama following his stint on "The Bachelorette," the singer-songwriter tells Metro he couldn't be happier to be back for the new show. We caught up with Pell to talk about filming "Winter Games," his future with "The Bachelor" and more.

Were you excited to film in snowy New England?
We showed up and started filming like the first of December. They literally hadn't had any snow. There's a ski resort up there, I guess it's called Mount Snow, but there was no snow. They didn't even have cold enough weather to blow snow. We were there for like two days and all of a sudden it just came, their first snow of the year.

Would you have preferred a "Bachelor in Paradise"-style beach?
The snowy mountains and the log cabin is not a bad situation, but I'm more of a beach guy. I love the sand I love the palm trees. I'll never complain in that situation, but you know what, we'll see what happens. One of these days, maybe we'll end up down there.

There was a lot of drama around you possibly leading a season of "The Bachelor." Did that make you hesitant at all to sign up for "Winter Games?"
I started learning after my time on the show how involved the public is in my personal life. That bridge was already crossed, and so I realized that was going to continue happening either way. I learned a little bit about just being careful about who I'm associated with, who's in my personal life and who I can trust. But at the same time, I still wanted to be an open book and I knew that I had already opened the door to the world seeing into my life anyway. There wasn't any way to reverse that, so I was like, you know what, I'll just lean into it and just continue to show them whatever they want to see about my personal life. Here it is, here's me, and just be completely transparent with the person that I am. It feels good to be OK with that and not have to fight the, "Oh, I want to keep my personal life personal," and that whole thing. It's just like, "Hey, here it is, judge me for whatever you will," and I'm good with that. I am myself.

Are you down for another "Bachelor" series?
I guess it's like expectation management, right? You can look forward and make plans and think a year down the road and what's your life is going to be like, where you're going be, and you're probably going to be wrong. For me, I learned to dial that back and just make one decision at a time and to take them as they come. I don't know where I'll be in a year. If a year comes down the road and there's an opportunity at that point, I'll make that decision, but right now, I'm living everyday just where it's at and just for that day and not trying to think too hard or plan too hard of my expectations or where I might be [with relationships] or even professionally at that point. It's a little bit easier to process that way. We'll see what happens.

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A vegan sausage in the home of meat

Beyond Sausage is not trying to be meat — but it's doing a pretty good job looking like it.
KATIE FOSTER

The Upper East Side's meat palace Schaller's Stube is the unlikely launchpad for Beyond Sausage.

EVA KIS
eva.kis@metro.us

The vegan trend has come for your sausages — and it's at one of the city's most iconic meat emporiums.

Opened by German immigrants in 1937, Schaller & Weber has been the Upper East Side's destination for every kind of cylindrical meat, as Eastern Europeans prefer.

Seeing an opportunity to serve the area's growing late-night crowd, co-owner Jeremy Schaller and his business partner Jesse Denes opened a side hustle in 2014 called Schaller's Stube, which turns out around a dozen varieties of gourmet hot dogs from a window built into the deli's former meat intake space.

And now, it's also the first location in the entire U.S. to serve Beyond Meat's new Beyond Sausage line, in three classic sausage flavors made entirely out of peas, fava beans, coconut oil and rice, with a touch of beet for color in a casing made of algae.

Though Schaller's Stube had had a plant-based sausage on the menu for about eight months, "it was really just because it was something people asked for," says Schaller, the third generation to own the shop. "We were looking for something that didn't offend whatever toppings we were putting on it.

"My wife is a part-time vegetarian and I eat enough meat," he says with a laugh, so they knew about the Beyond Burger.

For Beyond Meat, launching at a meat-focused restaurant fit with their philosophy of being a plant-based protein, not an alternative meat. As CEO Ethan Brown puts it, "There is such an emotional and cultural connection to sausage and we're thrilled to honor that tradition by allowing consumers to eat more of what they love."

Let's be clear: These sausages don't taste like meat, and they're not trying to. That said, they do make an effort to look like a meat sausage, from white flecks that resemble chunks of fat, 16 grams of protein per link, less sodium and saturated fat, and no soy or gluten.

Their texture is dense, so you get that toothsome bite, and mildly spiced — a good canvas for the kind of creative hot dogs that Schaller's Stube specializes in.

Schaller's team worked on recipes to spotlight each of the three sausages. The Original Bratwurst gets the classic treatment of sauerkraut and Dusseldorf mustard *($10)*; the Hot Italian needed a spicy complement, which it gets in the Bahn-Meat from a daikon-carrot slaw, cucumber, jalapeño, cilantro and a Sriracha aioli *($12)*; and the Sweet Italian *($11)* piled with sautéed peppers and onions and drizzled with a balsamic reduction.

You can also get the sausage in any of the regular dogs, or as Schaller's favorite currywurst with a ketchup-based sauce. "I like it better than the classic," he says with a shrug. If the man whose life is meat can be convinced, maybe it's worth a trip uptown.

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Loop is open now through March 31. GARMENT DISTRICT ALLIANCE

Light up the night

The Garment District's new public art exhibit looks straight out of Tron.

EVA KIS
eva.kis@metro.us

You don't need any video game skills to make these new light-up wheels that look like something straight out of the Tron movies work.

The new art exhibit called Loop puts you and a partner inside a light-up wheel right out of the retro future, which also double as a mini movie theater.

Located on Broadway between West 37th and 38th streets in the Garment District, the 7-foot-wide cylinders will need you and a friend to cooperate by pushing and pulling on the lever inside to make them light up.

As you work, the six wheels also play a 24-frame movie of a fairy tale, like a toad turning into a prince, along their inner and outer walls. There are 13 different movies, each with their own soundtracks, and the speed of the images and tempo of the tune change depending on how fast you move the lever.

Despite the resemblance, the creators of Loop didn't actually have Tron in mind when they built it. The giant wheels were inspired by a zoetrope, the 19th-century precursor to the film projector that was a cylinder with images of a simple motion pasted along its interior walls that could be turned to animate them.

Loop was commissioned by Canada's Quartier des Spectacles Partnership for its Luminothérapie winter festival, which has been dazzling lucky Canadians with various interactive light-up objects for the past seven years. This is the first time they've decided to lend out one of the light contraptions to the U.S.

The art installation also nods to the Garment District's creative economy, which includes over 100 theaters, galleries, performance spaces and studios.

"As a neighborhood that is an epicenter for creativity in New York City, we are so proud that the Garment District was selected as Loop's first-ever activation in the United States," says Barbara A. Blair, president of the nonprofit Garment District Alliance, which brought the work to the city along with NYC DOT Art.

The installation is free and will be open through March 31.

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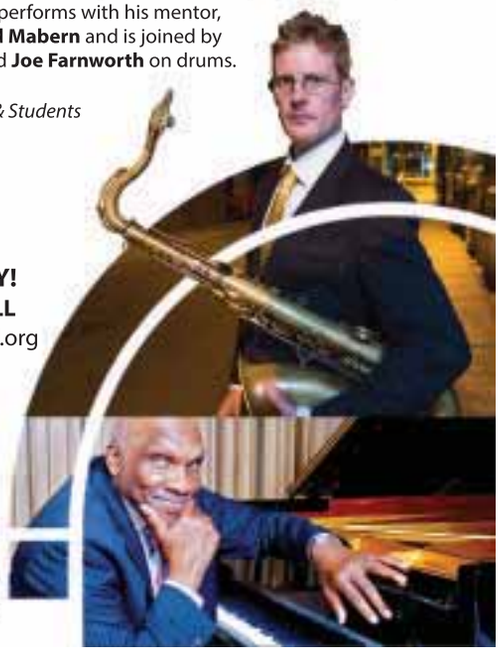

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Flynn McGarry at Gem, his first restaurant that wants to be more like a dinner party. ALL PHOTOS CHLOE HORSEMAN PHOTOGRAPHY

Dinner at Flynn's house

Teen prodigy chef Flynn McGarry tells us about his first restaurant, Gem.

EVA KIS
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When's the last time you were invited to a dinner party hosted by a 19-year-old?

You should feel at ease accepting the invitation when it comes from prodigy chef Flynn McGarry, who's been hosting dinner parties at his Los Angeles home since age 10, whipping up recipes out of Thomas Keller's French Laundry cookbook.

Now, he's bringing that idea to the Lower East Side with Gem, his first permanent restaurant at 116 Forsyth St. after living a nomadic life of pop-ups for the past five years.

"It feels much nicer to be able to have control over not just the food but the design, the ambiance and take it a little bit further than just how the pop-ups were my food in someone else's space," says McGarry.

His pop-ups — most famously the $160-a-plate Eureka in the West Village in 2016 — were modeled on the fine dining skills he learned during formal stints in the kitchens of Eleven Madison Park and Alinea, among others

But he's taking a slightly different approach with Gem. First of all, it's two restaurants in one: Out front is The Living Room, an all-day cafe serving a mix of housemade and Bien Cuit pastries like sweet potato bread.

The Dining Room at Gem

At night beginning Feb. 27, The Living Room will transform into the first phase of McGarry's vision for the restaurant as more like a dinner party with just 16 guests each night eating an 12-course menu priced at $155.

"You start your meal in one room and then move to another," he explains. "When you're at someone's house for dinner, you start in the living room with a glass of champagne or a cocktail and some hors d'oeuvres, then you eat the main part of your meal, then you might hang out in the kitchen for a little bit.

"So we're trying to transition that into the restaurant setting to make it feel a lot less like just another restaurant and more like you're coming to my house for dinner." Though we doubt even his house — home has been New York for three years — has Gem's extensive list of wines, including bubbly and dessert vintages.

McGarry will continue serving his own style of New American food, including his signature amuse-bouche of a peanut Ritz cracker with foie gras, but fitting with the dinner party vibe.

"My food recently has transitioned to a lot more not casual, per se, but a lot more relatable where it's still using a little bit out there techniques and ingredients, but it's presented in a lot more comforting way and a little less austere than I think I did at one point," he explains.

"Now, I just want the food to taste good."

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Life lessons from the Wu-Tang Clan

We spoke with founding member U-God about the experiences that led him to write his memoir, 'Raw.'

PAT KING
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"When you're in poverty, and you're black, it's a totally different subculture in America," - U-God. DAGA SAMITOWSKA & STAN OH

According to Lamont "U-God" Hawkins, one of the founding members of the legendary Wu-Tang Clan, the first lines of their classic song "C.R.E.A.M." painted the picture of growing up in Staten Island's Park Hill Projects.

"I grew up on the crime side/The New York Times Side/Stayin' alive was no jive."

Before becoming a part of one of NYC's all-time greatest exports, U-God's road to success was one of mythic proportions. For such a storied group as Wu-Tang, it's surprising that no members have considered putting their stories on paper rather than wax. That is, until now. On March 6, U-God will release his memoir "RAW: My Journey Through the Wu-Tang."

The book is full of jaw-dropping anecdotes about what growing up was like in some of the area's roughest neighborhoods in the '80s and full of life lessons won out of pure perseverance.

"I decided to write this memoir because I grew up in this time where it was a really rough period in New York City," says U-God. "I always wanted to write my story because I felt like I'm like the last of my breed of the '80s babies. A lot of my people didn't make it. So I thought, I have to lay the story down not just for me but for my comrades who ain't around no more. So I had to put it down not only for them but for me and for the legacy of the Wu-Tang Clan."

Protect Ya Neck

One thing that U-God mentions that brought him and the rest of Wu-Tang a sense of purpose early on was adopting the lessons of the Five-Percent Nation, a subsect of the Nation of Islam.

"When you're in poverty, and you're black, it's a totally different subculture in America," he says. "Those degrees and lessons shed light on my situation a little more. For some reason, when kids are in grade school in the inner cities, teachers literally give you no self-esteem. My teachers would tell me I ain't gonna amount to s--t. There is a self-esteem issue going on in the black community. Those lessons helped me to understand how I got here and how my ancestors got here. It gave me that understanding, and I could be like, 'You know what? This is all an illusion, and this is not going to stop me.' Whatever I want, I can achieve. I can overcome all situations in the most tumultuous environment on the planet!"

Triumph

Once U-God had met the rest of the group and bonded over things like music and the teachings of the Five-Percent, they knew that their crew had something special.

"Our early stages of pushing towards that goal was going to RZA's house to get away from all the bulls--t and all of the turmoil. We'd go there and listen to music, watch kung-fu flicks, and talk sh-t and dream about being stars," remembers U-God, "RZA knew where the talent was on Staten Island. We were the dopest dudes, and we all had something in common: we were all Five-Percenters. We all believed in the same system. We all had the same mentality, so we all clicked!"

In addition to the book, U-God is releasing his fifth solo album, "Venom," on March 30. He says to expect big things from the Wu-Tang Clan in 2018.

"Everybody's just trying to keep it positive and keep their families well and all that good stuff. Everybody is just working in their own ways for the benefit of the group. Everything we do is always gonna go back to the foundation of the group."ww

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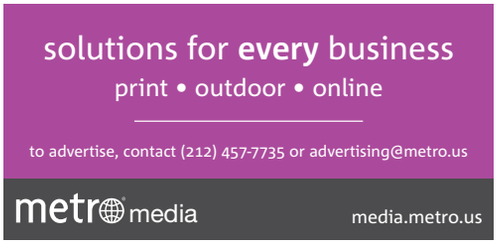

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Big Mets starter could start '18 in pen

Should all six of New York's starters stay healthy, a prominent arm might have to make the transition to the bullpen.

JOE PANTORNO
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The Mets' economical offseason spending adventure looks as though it has come to a close after inking left-handed veteran starter Jason Vargas to a two-year, $16 million deal.

While it's not a signing that will jump off the page, added rotational depth and bringing on a second lefty behind Steven Matz is a tremendous addition considering this team's history with injuries.

All five of the Mets' prominent starters — Noah Syndergaard, Jacob deGrom, Matt Harvey, Zack Wheeler and Matz — have suffered significant injuries over the past three years that have left the Mets reeling.

And while it might be unfair to label the rotation a ticking time bomb when it comes to the next injury that will rear its ugly head in New York's locker room, it's a legitimate possibility that the Mets actually prepared for this offseason.

For the time being though, all six arms are healthy upon arrival to spring training in Port St. Lucie, Florida, meaning that there might be an odd man out of the rotation come Opening Day should head coach Mickey Calloway wish to go with a five-man staff.

Granted, a six-man rotation might not be that far-fetched of an option considering it's a way to limit the innings of arms that are continuing to rehabilitate from debilitating injuries. Last year alone, Syndergaard missed five months due to a torn lat, Harvey missed two months with a stress injury to his shoulder, Wheeler dealt with biceps tendinitis and stress injury of his own and Matz combatted elbow irritation all season.

Matt Harvey (left), Steven Matz (middle) and Zack Wheeler (right) could be bullpen options for the Mets. GETTY IMAGES

But if the Mets are set on a five-man rotation, then it could very well mean that either Wheeler, Harvey or Matz could start the 2018 regular season in the bullpen.

Those three arms struggled the most when they were healthy last season.

With 2017 being Wheeler's first season back from a two-year recovery from Tommy John surgery, his familiar control issues were prevalent as he averaged 4.17 walks per nine innings with a 3-7 record and 5.21 ERA.

While he later backtracked on his sentiments, Wheeler did not seem pleased after the Vargas signing.

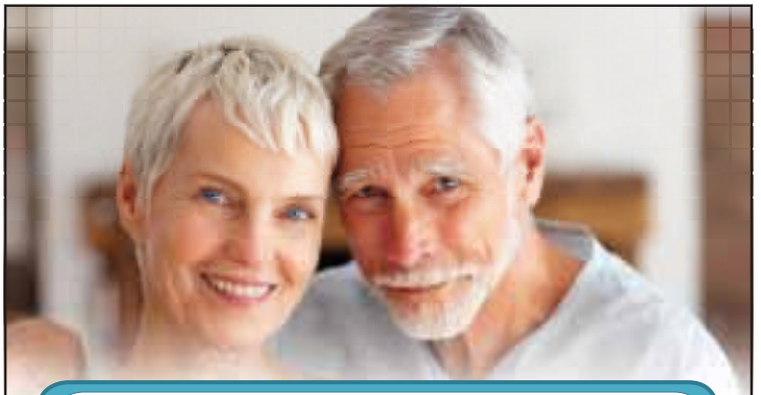
"I'm just here to be a starting pitcher," Wheeler said when asked about the prospect of pitching out of the bullpen. "That's what I've been and that's what I'm always going to be. When I'm healthy, I know I'm just as good as anybody out there. So that's what I'm concentrating on."

Harvey, who is entering a contract year, looked like a shell of the captivating rookie in 2013 last season. After Tommy John surgery and a Thoracic Outlet Syndrome procedure in the past four years, the 28-year-old went 5-7 with a career-worst 6.70 ERA in 2017 as he contended with new mechanics and decreasing velocity.

Matz has been unable to stay healthy for an entire year since his MLB call-up in 2015. He joined Harvey in the dubious six-plus ERA club in 2017, sporting a 6.08 mark with a 2-7 record.

Those three would be the most likely candidates to make the shift to the bullpen with spring training being their auditions as to why they should stay in the rotation.

That's assuming that everyone stays healthy.



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Jets want Kirk Cousins 'badly'

Gang Green will do everything they can to acquire the quarterback.

JOE PANTORNO
joseph.pantorno@metro.us

The New York Jets have an opportunity to acquire a franchise quarterback for the first time in what feels like eons given the depth of talent set to come out of the NFL draft this spring and the free-agent market of passers set to be available.

It looks as though the Jets have already locked in on their No. 1 target in Kirk Cousins, the Washington Redskins quarterback who has basically been run out of town by management and head coach Jay Gruden.

Despite putting up three-straight 4,000-yard seasons which rank in the top four of Washington's single-season franchise records list, Cousins did not receive a long-term contract offer from the Redskins. Instead, he was franchise tagged for the past two seasons before the team traded for Alex Smith from the Kansas City Chiefs.

Should the Redskins tag Cousins for a third-straight year, they likely wouldn't have enough space to hold onto Smith after making a deal for him. So it's highly likely that Cousins will, in fact, be a free agent.

According to Rich Cimini of ESPN, the Jets want Cousins "badly" and are "willing to pay whatever it takes."

After getting rid of sizeable contracts last offseason, the Jets have the funds to win a bidding war for Cousins should it come down to that. New York has an estimated $79 million in cap space this year.

Kirk Cousins will be pursued hard by the Jets this offseason. GETTY IMAGES

While the money won't be a problem, it might take some coaxing to get Cousins to New York given the team's stretch of mediocrity over the past five decades. After a 5-11 season that was actually exceeded expectations, head coach Todd Bowles and Jets management will have to stress building a contender around the 29-year-old. Getting him in green would also make him the face of the franchise, something the Redskins were not willing to do with him despite leading the league in completion percentage in 2015 and receiving a Pro Bowl nod the following year.

Cousins would immediately bring legitimacy to the Jets — considering his last three years would be the top passing seasons in Jets franchise history — in an AFC East division that is up in the air behind the New England Patriots. He'd likely be the second-best quarterback in the division behind Tom Brady and with that, offers the possibility of a renewed rivalry between the Jets and the Patriots should New York be able to supply Cousins with some offensive weapons.

What to watch at the Olympics tonight

ALPINE SKIING: WOMEN'S DOWNHILL FINAL

Due to the inclement weather in South Korea, Mikaela Shiffrin was forced to withdraw from the women's downhill. But Lindsey Vonn will be going for gold.

MEN'S SKICROSS

While there is no American representation, Canada's Brady Leman and Chris Del Bosco are podium contenders.

MEN'S HOCKEY: QUARTERFINALS

The Czech Republic has already punched its ticket to the quarterfinals and will face the winner of either the United States or Slovakia.

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Approved by the NYU School of Medicine
IRB #s 15-01480 PI: Marya Gwadz, PhD

NYSPI IRB Approved

New York State Psychiatric Institute

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Please contact Brittany Cho at (212)-241-7906 or at brittany.cho@mssm.edu.

PI: Zahi Fayad, GCO 15-0893

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The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by the National Institute of Health.

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NOTICE IS HEREBY GIVEN that a license, Number 1308031, for Beer, Wine & Cider has been applied for by the undersigned to sell Beer, Wine & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 157 Central Ave., Brooklyn, NY 11221. Kings County, for on-premises consumption. Seven Sushi Café, LLC d/b/a Seven Sushi Cafe

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor Has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 5 West 31st St., 2nd Floor, New York, NY 10001. New York County, for on premises consumption. Jamo 31 Plus Inc. d/b/a Osamil Upstairs.

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LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS
HSBC BANK USA, NATIONAL ASSOCIATION AS TRUSTEE FOR DEUTSCHE ALT- A SECURITIES MORTGAGE LOAN TRUST, SERIES 2007-1, Plaintiff - against -MARK ROBINSON, et al Defendant(s)
Pursuant to a Judgment of Foreclosure and Sale entered on November 12, 2017. I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Court Room # 25, Jamaica, N.Y. on the 23rd day of March, 2018 at 10:00 a.m. premises described as follows: All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and Being in the Town of Queens, County of Queens, State of New York. Said premises known as 142-25 Hook Creek Boulevard, Rosedale, N.Y. 11422. (Block: 13627, Lot: 68)
Approximate amount of lien $998,673.70 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale. Index No. 702609-14.
Gary Darche, Esq., Referee
McCabe, Weisberg & Conway, P.C.
Attorney(s) for Plaintiff
145 Huguenot Street, Suite 210
New Rochelle, NY 10801
(914) 636-8900

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS,
CENTRAL MORTGAGE COMPANY, Plaintiff, vs.
TEOFILO MENDEZ, GLORIA HEREDIA DE MANDEZ, ET AL., Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale duly filed on January 03, 2017, I, the undersigned Referee will sell at public auction at the Queens County Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on March 02, 2018 at 10:00 a.m., premises known as 5509 97th Place, Corona, NY.
All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 1906 and Lot 19.
Premises will be sold subject to provisions of filed Judgment Index # 5557/13.
Dominic a. Villoni, Esq., Referee
Berkman, Henoch, Peterson, Peddy & Fenchel, P.C.
100 Garded City Plaza
Garden City, NY 11530
Attorneys for Plaintiff

Kohlberg Kravis Roberts & Co. L.P. App. For Auth. Filed w/Secy. Of State of NY (SSNY) on 12/22/17. LP formed in DE on 5/7/87. Office location: NY County. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to c/o The Partnership, 9 W. 57th Street, # 4200, NY, NY 10019, registered agent upon whom process may be served. Purpose: Any lawful act/activity.

LEGAL NOTICES

NOTICE OF SALE
In pursuance and by virtue of a Judgment of Foreclosure and Sale duly granted and entered in an action entitled NYCTL 1998-2 Trust and The Bank of New York Mellon as Collateral Agent and Custodian for the NYCTL 1998-2 Trust v. 777 Club group, LLC, et al., bearing Index No. 5826-13 before the Supreme Court of the State of New York, County of Queens, IAS Part 34 before The Honorable Robert J. McDonald, on or about January 2, 2018, I, the Referee, duly appointed in this action for such purpose, will expose for sale and sell at public auction to the highest bidder on March 16, 2018, at 10:00 a.m., in Courtroom 25 of the Queens County Supreme Court located at 88-11 Sutphin Blvd., Jamaica, New York 11435, the liened premises designated as Block 13733, Lot 27 in the City of New York, County and Borough of Queens, State of New York and known as Bently Road, Queens, New York, directed in and by said judgment to be sold. The approximate amount of the judgment is $4,629.58 plus interest and other charges, and the property is being sold subject to the terms and conditions stated in the judgment, any prior encumbrances and the terms of sale which shall be available at the time of the sale.
Dated: February 8, 2018

ENTERTAINMENT

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 570 Lexington Ave., Booth # 116, New York, NY 10022. New York County, for on-premises consumption. Top Hops II Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 570 Lexington Ave., Booth # 105, New York, NY 10022. New York County, for on-premises consumption. RHLP MTK LLC d/b/a Rockaway Clam Bar.

NOTICE IS HEREBY GIVEN that a license, Number TBA, for Liquor has been applied for by the undersigned to sell Liquor, Beer, Wine & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 1220 Fifth Ave., New York, NY 10029. New York County, for on premises consumption. Museum of The City of New York, Inc.

NOTICE IS HEREBY GIVEN that a license, Serial # 1306628, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor Wine & Beer at retail under the Alcoholic Beverage Control Law at 145-04 14th Ave., Whitestone, NY 11357. Queens County, for on premise consumption. Coffee 101 LLC.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Summer On Premise Liquor, has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider, from: 04/01/2018 to: 10/31/18, at retail under the Alcoholic Beverage Control Law at West Harlem Piers Park, Ferry Terminal, Slip #1, New York, NY 10027. New York County, for on-premises consumption. Baylander Café LLC

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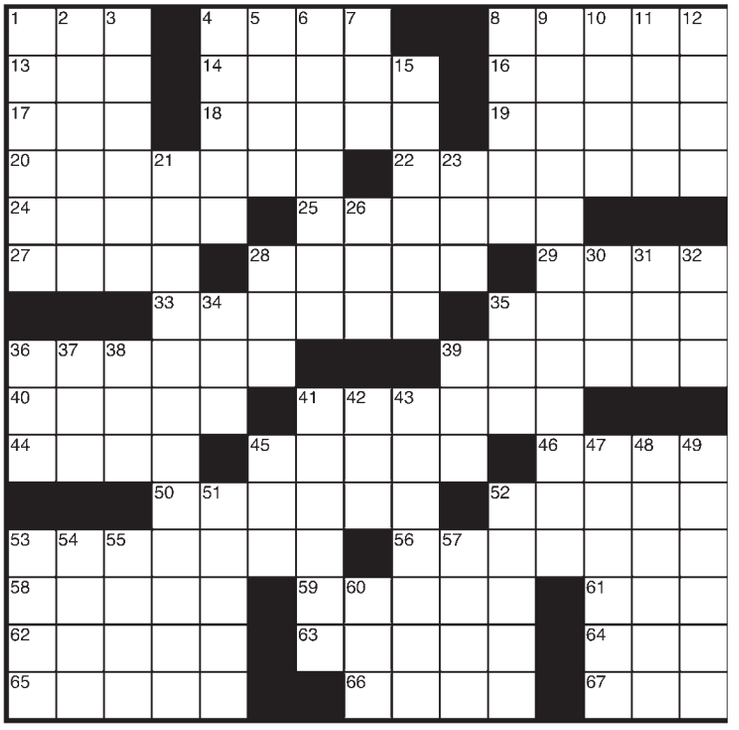

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easy

			2	8			3	
8			3				5	7
		7		5				2
			4			7	9	8
		6				2		
9	8	2			1			
5				2		8		
7	3				4			1
	9			1	5			

hard

4		1	7	8		5		
	8				2			
		5			9			
		7			8	3		
	4	8	2		1	9	6	
		2	5			7		
			4			2		
			3				8	
		4		2	5	1		9

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Aries Instability will keep you on your toes. Whether it's you showing emotional tendencies or someone else, you'll find it difficult to move forward without revising your plans.

Taurus Check to see who is and isn't on your side. Know your allies, but understand your opponents. Having a broad understanding of your situation will help you find a solution.

Gemini Stay ahead of the competition. In both your personal and professional endeavors, you outmaneuver anyone who opposes you. Don't discuss personal matters openly.

Cancer Don't jump into something because someone applies pressure. It's OK to be different, because it will encourage you to build greater confidence and strength.

Leo Don't do anything blindfolded when it comes to your personal or professional status. Get all the facts and figures, and know what you want and what you are getting into.

Virgo A business trip, meeting or educational pursuits are highlighted. You'll be offered a lot of information. Take notes to avoid confusion. Personal disruptions will cloud your mind.

Libra Iron out any kinks when it comes to home improvements or personal relationships. Fewer demands and more compromises will help bring you closer to an agreement.

Scorpio Use your charm to convince others to join you in whatever you pursue. Your enthusiasm and innovative way of presenting your capabilities will encourage long-term success.

Sagittarius Opposition will change the way you think and act. Question what's being said and respond accordingly, but don't lose sight of what it is you really want to see unfold.

Capricorn A change of plans will take you by surprise. Don't leave details unattended to if you want to avoid unexpected twists of fate. Trust your intuition, not what others say.

Aquarius Change can be good, as long as you are reasonable and don't overdo, overspend or overreact. Know what you want and only spend what you have. EUGENIA LAST

Pisces Know your limitations and concentrate on your strengths. Chances to excel are in reach if you can curb emotions and temper. Gravitate toward those willing to help.

Yesterday's answers

Z	I	N	G	■	H	I	G	H	■	■	A	L	M	A
E	D	E	N	■	O	R	L	O	N	■	R	O	A	R
E	L	B	A	■	S	K	A	T	E	■	T	A	T	A
S	E	R	R	A	T	E	D	■	P	R	E	F	A	B
■	■	■	L	E	A	D	■	W	H	A	M	■	■	■
O	I	L	E	R	S	■	B	E	E	H	I	V	E	■
P	R	A	D	O	■	F	L	E	W	■	S	O	I	L
I	O	U	■	W	O	O	D	S	■	■	I	D	A	■
E	N	D	S	■	R	U	N	S	■	M	I	L	E	S
■	S	E	A	B	I	R	D	■	D	I	N	E	R	S
■	■	■	L	A	T	S	■	D	E	N	S	■	■	■
H	O	M	A	G	E	■	A	R	B	I	T	E	R	S
A	G	H	A	■	R	A	R	E	R	■	A	W	O	L
F	R	O	M	■	S	I	N	A	I	■	N	E	M	O
T	E	S	S	■	■	M	E	D	S	■	T	R	E	E

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